Nurturing Resilience through an Inside-Out Approach

38th Annual Governor’s Conference for the Prevention of Child Abuse & Neglect 2014
“Instead of pouring knowledge into people’s heads, we need to help them grind a new set of glasses, so they can see the world in a new way. That involves challenging the implicit assumptions that have shaped the way people have historically looked at things.”

~John Seeley Brown
Xerox, Palo Alto Research Center
you can't reach for anything new if your hands are still full of yesterday's junk.
ACE Studies
Results:

**Modello & Homestead Gardens**- Dade County Florida. After 3 years... Households selling or using drugs dropped from 65% to less than 20%. The overall crime rate dropped 70-80%. Teen pregnancy from 50% to 10%. Child abuse/neglect dropped from 60 to 10%

**Coliseum Gardens:** A 200-unit Public Housing complex in Oakland, CA. Once known as the “murder capitol” of Oakland, did not have one murder in the last 7 years since the 3 P’s/Health Realization Program began.
Words you might hear us use:

- Innate Health
- Being Present
- Quiet Mind
- Wisdom
- Seeing Innocence in others
- Deep Listening
Three Principles
Mind
Consciousness
Thought
Sydney Banks
Mind:

• Universal energy that animates all of life, the source of innate health and well-being.

• “There is one Universal Mind, common to all, and wherever you are, it is with you, always.” -Syd Banks
Consciousness:

- Our ability to be aware of our lives.

“Consciousness is the gift of awareness.”

~Syd Banks
Thought:

- The sum total of our mental activity. Our ability to create.

- “Thought is not reality; yet it is through Thought that our realities are created” –Syd Banks
Thinking About Thought
5 Keys to the I/O Approach

- All have access to an intelligence called common sense.
- All live in separate realities.
- All have a choice about thoughts they entertain.
- Experience of life formed by thought.
- Low state of mind, negative emotion, high SOM calm, positive emotion.
THOUGHTS THAT TAKE US AWAY FROM OUR HEALTH

INSECURITY
CONDITIONED THOUGHT
FEAR
ANGER
BOther
JUDGEMENTAL
EGO

WORRY
ANXIETY
DEFENSIVE
BELIEFS

SELF ESTEEM
Natural Deep Feelings
Peace of Mind
Mental Health
Wisdom
Common Sense

LEVELS
CONSCIOUSNESS
Building spiritual resilience —

Resilience is the capacity to withstand stress and catastrophe. Psychologists have long recognized the capabilities of humans to adapt and overcome risk and adversity. Individuals and communities are able to rebuild their lives even after devastating tragedies. PBS
A suggestion: Slowing down to the speed of resilience!

Resilience is a natural spiritual capability of The mind - Resilience flourishes in a calm state of mind

- Build technologies of mental calming in groups using 5 keys to I/O Approach congregations- agencies - schools - daycares
Mindfulness Experience: Creating your Wheel of Awareness: The Hub and The Rim

**The Hub:**

Think of a time that you were very happy.

Notice the positive embodied feelings you feel inside. What does that feel like. Where do you feel the sensation and what is the sensation (warm, glowing, comforting)?

That is the hub of your Wheel of Awareness, your solid core, your center, when you are in the present moment, simply observing, without judgment, simply breathing in and out. (Siegel, 2012)
Mindfulness Experience: 
Creating your Wheel of Awareness: 
The Hub and The Rim

The Rim

Let your eyes shift their focus from object to object around the room. Notice how you can change your focus. Now think of three things you did today and notice how you can change your focus, and when your focus changes, you feel a somatic change related to each event you’re focused on. Now you are moving around the rim of your wheel of awareness and with each move, your emotions and the sensations change. Now come back to the hub and notice the comfort you feel.
“It’s never the outside event that gives us our experience! It’s only our thoughts. And thoughts change...”
Contact Information

Dr. Diane McMillen
Washburn University
Dept. of Human Services
Diane.mcmillen@washburn.edu

785-670-1774 or
785-594-2625

Pastor Dave Fulton
St. Paul’s Lutheran Church
925 N Waco
Pastordave.fulton@gmail.com

316-516-7747 or
316-263-0810

Special Guest
Melinda Kline, LMSW
Kansas Children’s Service League
Mkline@KCSL.org

785-220-0461 or
785-215-6406